MY PYRAMID DIET ANALYSIS

Worth 60 points

Directions:

\* go to [www.mypyramid.gov](http://www.mypyramid.gov/)

\* click on My Pyramid Tracker

\* fill out new user registration form

\* fill out daily information - age, gender, entry day, weight, and height

\* enter all food for one day

\* click on select quantity

select serving size

number of servings

\* when done click save so you can analyze findings

\*re-enter next day’s data using appropriate dates (don’t forget to save)

Writing Activity-needs to be done in paragraph form

\*for the dates you entered you need to complete the following: calculate dietary guideline and nutrient intake for each day (15 points). Please make sure you save your work! Pick one emotion for each day and explain how you could change to bring about a healthier outcome. Re-enter this food into your “dietary guideline” and tell how your data changed (6 points).

\*compare and contrast: look at what you ate using “nutrient intake”. Where do you have similarities? Where were you deficient? Where did you ingest too much? What are the health consequences? Worth 12 points. Analyze whether your daily intake was healthy or not and give a minimum of five examples to support your decision (15 points).

\*conclusion statement: list two things you learned about your diet analysis that will help improve the quality of your life? List two food choices you are willing to make that would improve your nutritional value and explain why you made this change (6 points).